

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: the control group (CG) and the experimental group (EG). The CG was subjected to a standard training protocol, while the EG was subjected to a modified training protocol. The EG was divided into two subgroups: the EG1 subgroup and the EG2 subgroup. The EG1 subgroup was subjected to a modified training protocol, while the EG2 subgroup was subjected to a standard training protocol. The subjects were subjected to a series of tests: the pre-test, the training, and the post-test. The pre-test was conducted before the training, the training was conducted over a period of 10 days, and the post-test was conducted after the training. The subjects were subjected to a series of tests: the pre-test, the training, and the post-test. The pre-test was conducted before the training, the training was conducted over a period of 10 days, and the post-test was conducted after the training.

1. borchu elain faoi an nuianitu bhorfite under Eittle 25 United States Code Section 110 (a) (1)

None Yes No

I hereby claim the benefit under Eftitle 35, United States Code, Section 102, of the following invention:

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DECLARATION AND POWER OF ATTORNEY FOR PATENT APPLICATION

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**POWER OF ATTORNEY:** As a named inventor, I hereby appoint the following attorney(s) and/or agent(s) to prosecute this application and transact all business in the Patent and Trademark Office connected therewith. (list name and registration number)

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